



Be More Engaged in Your Own Healthcare...

The Agency for Healthcare Research and Quality (AHRQ) suggests knowing the answers to these **10 questions**:

1. What is the test for?
2. When will I get the results?
3. How do you spell the name of that drug?
4. Are there any side effects?
5. Will this medicine interact with medicines that I'm already taking?
6. Why do I need this treatment?
7. Are there any alternatives?
8. What are the possible complications?
9. Which hospital is best for my needs?
10. How many times have you done this procedure?

Have You scheduled Your Annual Physical Exam Yet?

Another year is flying by! Preventative care through a physical exam is the best way to detect a developing condition early and dramatically increase your chances for full recovery. The EPC medical plan covers an annual physical and many preventative screenings at \$0 cost. So delay no longer, **pick up the phone**.

Your Family Health History

The health history found in your family bloodline can be a great help to both you and your doctor. It can identify if you are at risk for developing conditions such as high blood pressure, high cholesterol, diabetes, obesity, cancers, heart attack and stroke. And most importantly in developing care plans and taking preventative actions. Don't wait until it is too late!



Here are a few links to use to record your family health history:

- ➔ Download this **Family Health History** form [here](#), put out by Department of Health & Human Services.
- ➔ Use this online tool [here](#), to create your **Family Health Portrait** electronically, from the U.S. Surgeon General and the U.S. Department of Health and Human Services.
- ➔ The March of Dimes has a form [here](#) to take your family history. They suggest sending a copy to your family members related to you by blood and ask them to fill it out and send back to you.

EPC Retirement Plan Monthly Workshop

Make the Most of Your Retirement Savings

Do You Want to Save More for Your Retirement? Then you don't want to miss this month's workshop webinar!

After the workshop you should be able to...

- ✓ Learn how to maximize your retirement savings
- ✓ Learn ways to save for retirement beyond your workplace savings plan
- ✓ Learn steps you can take today to get prepared for retirement

Aug. 26

12:00 EST

[Reserve your spot here!](#)

Did You Know... If you need a family member's health history who has deceased you can obtain a death certificate from a state health department. The cost is usually about \$10 and -have information about the person's age and how he died.

Vision

If you're looking to save money on your eyeglasses, use the NVA Smart Buyer Provider Search tool. Here you will see a list of local providers broken out by the amount of frames available at their location at no cost to you! [Log in](#) to their website to access the NVA Smart Buyer or the [NVA vision benefits member app](#).

Administrator Corner

- ➔ Remember you can reach out to BRI to help you walk through submitting your retirement contributions on our easy online payment platform! Please email benefit@epc.org or call 407-930-4492. We would love to assist you!